



RAC HEALTH CARE COMMITTEE MINUTES

August 11, 2022

Freedom Plaza Conference Room

Chair Janet Warren called the meeting to order at 10:00 a.m.

Members present: Carl Bohnenkamp, Rebecca Batson, Betty Schuppert, Ron Sweet, Janet Warren

Members absent: Tom Altschuler, Susan Baker, Brigid Guarino, Emily Lahti,

Attending: Lisa Frank, Director of Resident Services.

The roll call confirmed a quorum with five members in attendance and four absent.

Ron Sweet moved and Carl Bohnenkamp seconded to approve the agenda. The motion passed unanimously.

The July 2022 Minutes were approved by five members via email. Four members did not respond to approve the minutes or to a reminder email the week of the meeting, or attend the meeting. The Chair will call those new members who were absent to confirm that they want to continue meeting with the Health Committee. Ron Sweet volunteered to deliver any future emails to those members who aren't responding.

Unfinished Business:

Ron Sweet moved and Carl Bohnenkamp seconded to elect Rebecca Batson as secretary. Rebecca was elected secretary by a unanimous vote.

New Business:

The purpose of the August meeting was to determine the feasibility of projects for the Fall Quarter as part of the initial planning process for the year.

Chair Warren distributed a summary of all the activities and action taken by the Health Care Committee from July 2021 until July 2022 as related to the Mission Statement and six Goals and made references to the information and displays as she made a presentation to the members during the July meeting. This was a means of informing the new members about the Committee's accomplishments and to use this information as an evaluation as well as a spring board for planning the coming year. The two-sheet compendium "2021-2022 Activities of the RAC Health Care Committee" is included as an attachment to the minutes.

The purpose of the Health Care Committee's August meeting was to determine the feasibility of projects for the Fall Quarter as part of the initial planning process for the year. Discussion included suggestions for providing speakers and workshops as well as small support groups that would meet for interaction on various health concerns.

Betty Schubert recommended the reinstatement of Chair Yoga at Freedom Plaza. Ron Sweet, RAC President said he would investigate to determine if there have been steps taken to replace Debbie Frost, the former Chair Yoga instructor.

Rebecca reported that Bruce Clatterbuck has considerable knowledge about and experience with neuropathy and would be amenable to leading a support group at Freedom Plaza. Participation would be limited to small groups of ten for better interaction. Ron Sweet added that sessions could be publicized through the Weekly, RAC Rep website giving at least 30 days notice. Chair Warren noted that the next issue of “Did You Know” should be in September and a date could be set for this event in addition to the presentations this fall planned by the physical therapy department through Lisa Frank.

Rebecca Batson suggested that providing information about dental health. In particular periodontal disease would be a possible presentation or a small group session. She offered her services as a former dental hygienist.

Betty suggested that Innovative Services may be price prohibitive and information about alternatives could be a topic of interest to residents. Samaritan Services of SCC has a department that helps caregivers caring for Alzheimer’s patients. There is a need to clarify for residents the price structure for Assisted Living Housing, as appears to be some confusion about what is included in the contract. Ron informed that residents will pay the same monthly fee for shared rooms, but must pay a higher add-on fee usually \$1250 for a private room for assisted living, memory care or the inn. One strategy is to downsize to a smaller independent living apartment with a lower monthly fee, and that fee would apply to assisted living, however there could be other fees for doing this. There is a need for a session for residents to clarify rights in transitioning past independent living. Chair Warren has asked Kim Haberkorn to write an article about this topic for “Did You Know” and will pursue this. A group session led by Kim and possibly Chris Hall, Marketing Director regarding transitioning emotional, physical and financial aspects could be offered to interested residents.

Chair Warren suggested getting a person to talk about pain management. Betty will ask her physician, Dr. James Warren, if he would make a presentation of the aspects of this and to call the Chair if interested. Carl offered that research on pain is ongoing and a good resource for medical information is www.medscape.com.

In summary, the Chair listed the following possible projects for Fall 2022:

Group sessions to discuss dental health led by Rebecca Batson

Speaker for pain management: Betty will ask Dr. Warren to speak in October or November

Neuropathy discussion group led by Bruce Clatterbuck in October

Aspects of the transition to assisted living open to interested residents and led by

Kim Haberkorn, Executive Director Assisted Living and The Arbors

Lisa Frank, joining the meeting, reported that the Freedom Plaza Physical Therapy Department will be presenting four sessions beginning with neuropathy. Bruce Clatterback would be invited to the neuropathy presentation and from that point offer small group sessions he would lead for interested residents. Given that the financial aspects of transitions to assisted living, memory care and the inn have been covered with large and small group presentations, Lisa felt this topic was covered. The Chair will contact Kim to contribute to the "Did You Know" newsletter about other aspects of transitioning to different levels of care. Lisa will contact her also.

Articles for "Did You Know" will be due by September 9. Lisa, Carl, Ron and Janet plan to write articles.

There being no further business the meeting was adjourned at 11:05 a.m.

Respectfully submitted,

Janet Warren, Chair

2021-2022 ACTIVITIES OF THE RAC HEALTH CARE COMMITTEE

Mission Statement: Work in concert with the Resident Services Director, Lisa Frank, to ensure health care information and access to services are available to residents

1. Exchange information; discuss needs and concerns of residents.
2. Plan activities and programs for residents
3. Identify and report health related issues requiring management action.
4. Preview and evaluate management health policies, practices, and procedures for Residents and recommend improvements.
5. Provide assistance for resident health programs organized by management.
6. Provide minutes of a meetings to RAC Executive Committee in a timely manner.

1. **www. RACREP.org** HEALTH CARE COMMITTEE TILES created by Ron Sweet, RAC President Health Care Committee MINUTES for 2020, 2021, 2022 fulfilling mission statement # 6.

“Provide minutes of all meetings to RAC Executive Committee in a timely manner.

TILES: STAY FIT AS YOU AGE EXERCISES: Joint pain relief, balance, strength, through yoga, Flexercize, cardio workouts, strength workouts

ALZHEIMERS SCIENCE OF PREVENTION TEN EPISODES EACH: Brain Health, Reversing Alzheimers

FITNESS: INSTRUCTIONS FOR USING THE EQUIPMENT IN THE FITNESS CENTER

DID YOU KNOW NEWSLETTERS APRIL AND JULY EDITIONS

“WHERE TO GO FOR HELP” JULY 12 2022 WORKSHOP BY LISA FRANK

1. HCC RECRUITMENT AND ANNOUNCEMENTS of events IN THE FREEDOM PLAZA WEEKLY
1. SURVEY: Work was done on a needs assessment survey to be given to residents. This project was dropped by the subcommittee, but could be pursued in the future.
- 1./2. THE “DID YOU KNOW” HEALTH CARE QUARTERLY NEWSLETTER FOCUSES ON THE TOP TEN HEALTH CONCERNS OF SENIORS: COGNITIVE DECLINE, BALANCE ISSUES, ORAL HEALTH PROBLEMS, HEART DISEASE, OSTEOARTHRITIS AND OSTEOPOROSIS, RESPIRATORY DISEASE, FLU AND PNEUMONIA, VISION OR HEARING LOSS, AND CANCER.
Articles written by Committee Members Janet and Carl, Director Lisa, and by Medical Professionals (April-Hearing) (July-DDS Tooth Implants) Format/layout: Ron Sweet
GOAL: Each above area along with emerging identified needs of residents should be addressed via articles, or speakers, or workshops.
1. DISTRIBUTED INFORMATION AT THE RAC COMMITTEE FAIR; EMT DEMONSTRATIONS
Wellness Center Services, Medical Profile Sheet, Survival Checklist, Do Not Resuscitate Order Safety and Emergency Information, Electric Mobility Vehicles Policy, Parking Policy, Freedom Plaza Resident Handbook Health Information, RACREP.org Health Information
Demonstration by EMT Carl of CPR Equipment.
- 1./2. Chair Janet presented information about the work of the Health Care Committee at the October 2021 RAC General Meeting and the importance of Fitness for Health. She brought The SCC Jazzmatazz Theatre Jazz Dance Group to present a well-received performance of six dances by women age 60's to 80's. The Choreographer presented a program on fitness and balance.

2./ 5. PROGRAMS: 'WHERE TO GO FOR HELP' JULY 12, 2022 WORKSHOP, LISA FRANK

VACCINE CLINIC FOR VACCINATIONS AND BOOSTER SHOTS, LISA FRANK

4. Janet: Member and liaison to the Fitness Panel and Fitness Center. Write fitness articles, attend Fitness Panel meetings; donated/installed three workout charts, work as Fitness Center instructor. Plans are to work in coordination with the physical therapists. Future articles will feature nutrition.

Brigid: Member and liaison to the RAC VIP Committee.

Carl: Safety: Write articles on FP Safety. Worked to identify potential safety hazards at Freedom Plaza and informing residents and staff. Identified weakness in railing on second floor; need for backup mirror on scooters as well as training; no AED in the Plaza Club; need for ENT's to make periodic checks for battery power; for all residents to have a copy of the FP Emergency Preparedness Plan; need pull cords in all bathrooms; residents should not walk in the street to get to the entrance—accident waiting to happen; need emergency cord in the woodshop; give codes to wider range of people e.g. problem with art league lock; offer CPR training to selected residents; outlet at car washing station needed a ground fault conductor.

TOPICS FOR FUTURE SPEAKERS, WORKSHOPS, RESIDENT ACTIVITIES, DID YOU KNOW NEWSLETTER

Next speaker and topic after "Where to Go for Help" workshop: Living with and healing from arthritis, neuropathy and carpal tunnel problems.

Nutrition in the context of food as medicine for good health and healing. Avoiding eating products that cause health problems such as sugar, inflammatory fats, etc. Reading labels to determine toxicity of food and other products. Articles, learning centers, workshop.

Fitness in the context of developing better mobility through strengthening muscles and exercise strategies and/or physical therapy. Lecture and Workshop by physical therapists.

Pain management: Strategies, self-help, positive and negative aspects of medicine. Physician speaker

How to use multiple medicines; contraindications. Speaker

Speakers for Stem Cell regeneration; heart health, respiratory health problems

Recovery from COVID complications-treatment, approved drugs, approved supplements, lung recovery.

Formation of support groups: Bereavement, Alzheimer's, hospice, social worker assistance, wellness focus groups; cancer recovery; walking group; promote Freedom Breathers for respiratory assistance.

Contacts: Medical professionals physicians, dentists and chiropractors to write articles for DYK, speak on a topic; Gannon University, UMC, Tampa General, SCC Mental Health and Wellness Center, Innovative Health Care.

WAYS TO REACH RESIDENTS: Speakers, workshops, information RACREP.org, Town Hall videos, speaker in auditorium and at floor meetings, fliers, bulletin boards, assistance from floor RACReps to post event information, RAC General Meetings, Floor Meetings.